



CORE Indoor Pool Schedule

Sept 11-17

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CLOSED	Masters (5:30-6:30am)- 5 lanes/ Lap Swim 1 Lane	Lap Swim	Masters (5:30-6:30am) (5 lanes)/ Lap Swim (1 Lane)	Lap Swim	Masters (5:30-6:30am) (5 lanes)/ Lap Swim (1 Lane)	CLOSED
6:00 AM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Masters (3 lanes)/ Lap Swim (3 lanes)
8:00 AM	Lap Swim (3 lanes)/ (8:30am) Group Lessons (3 lanes)	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 AM	Group Lessons	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Lap Swim
10:00 AM	Group Lessons	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11:00 AM	Group Lessons	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00 PM	Lap Swim (4 lanes)/ LG Inservice (2 lanes)	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 PM	Lap Swim (4 lanes)/ LG Inservice (2 lanes)	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 PM	Lap Swim	LHS Swim (5 lanes)/ Lap Swim (1 lane)	Lap Swim	LHS Swim (5 lanes)/ Lap Swim (1 lane)	LHS Swim (5 lanes)/ Lap Swim (1 lane)	LHS Swim (5 lanes)/ Lap Swim (1 lane)	Lap Swim
4:00 PM	Lap Swim	LHS Swim (5 lanes)/ Lap Swim (1 lane)	Lap Swim	LHS Swim (5 lanes)/ Lap Swim (1 lane)	LHS Swim (5 lanes)/ Lap Swim (1 lane)	LHS Swim (5 lanes)/ Lap Swim (1 lane)	Lap Swim
5:00 PM	CLOSED	Dolphins (5 lanes) 5-9pm/ Private Lessons (1 lanes)	Lap Swim (3 lanes)/ Private Lessons (3 lanes)	Dolphins (5 lanes) 5-9pm/ Private Lessons (1 lanes)	Lap Swim (3 lanes)/ Private Lessons (3 lanes)	Dolphins (5 lanes) 5-9pm/ Private Lessons (1 lanes)	CLOSED
6:00 PM		Dolphins (4 lanes)/ Group Lessons (2 lanes)*	Lap Swim (3 lanes)/ Private Lessons (3 lanes)	Dolphins (4 lanes)/ Group Lessons (2 lanes)*	Lap Swim (3 lanes)/ Private Lessons (3 lanes)	Dolphins (4 lanes)/ Group Lessons (2 lanes)*	
7:00 PM		Dolphins (4 lanes)/ Group Lessons (2 lanes)*	Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (4 lanes)/ Group Lessons (2 lanes)*	Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (4 lanes)/ Group Lessons (2 lanes)*	
8:00 PM		Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (5 lanes)/ Private Lessons (1 lane)	Dolphins (5 lanes)/ Private Lessons (1 lane)	
9:00 PM				Masters ONLY	CLOSED	Masters ONLY	

Lap Swim will be available on a first come, first serve basis and must accommodate to private swimming lessons.

Interested in becoming a lifeguard or swim instructor? Please contact Meaghan Bower, Aquatic Supervisor, at 630.257.6787 x3003 or at mbower@lemontparks.org

Lap swim in this color designates "No Guard on Duty." This facility is not protected by lifeguards. Persons under the age of 16 must be accompanied by a parent, guardian or other responsible person at least 16 years of age. Swimming alone is not recommended.

* Group Lessons end at 7:20 pm Monday, Wednesday, and Friday, and one lane will be available for private swim lessons at the conclusion of group lessons.

Descriptions

Lap Swimming: Lap swim is a time designated for constant lap swimming and/or moving through the water in an exercise manner. Lap swim is open to patrons 14 yrs. old and up. You may be asked to share a lane for lap swimming.

Lap Swimming Registration: Lap Swim will be available on a first come, first serve basis and must accommodate to private swimming lessons.

Lap Swimming Prices: FREE for CORE and CORE-Fit Members.

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Private Swim Lessons: Private swim lessons are based on participant and instructor availability. Semi-private lessons are limited to 2 participants per instructor. The Lemont Park District does not pair semi-private swim lessons partners up. The lesson must be submitted as a pair.

Private Swim Lessons Registration: Registration is completed through the Private Lesson Request Form and by purchasing a private swim lesson package at The CORE Service Desk.

Group Swimming Lessons: Group swimming lessons are offered on Monday, Wednesday, and Friday evening from 6:00-7:20 pm and Sunday mornings 8:25-11:50am. Please visit the front desk for information on registration for next session!

Dolphins Swim Team: The Dolphins swim team practices from 5:00-9pm Monday, Wednesday, Friday, and 6:30-9pm Tuesdays and Thursdays. Be sure to check the pool schedule for lap swim availability as it is limited in the evening times.

Aqua Aerobics: Aqua Aerobics Class Monday-Friday at 9 am. Registration is online and opens at 7 am on Sunday for the entire week.

Masters Swimming: For your every day lap swimmer through swim team veterans, Masters Swim Team provides structured workouts with a coach on deck to offer instant feedback and hands-on assistance in improving swimming technique, efficiency and speed. This program is designed to help improve fitness and/or train for specific goals and offer active support for a healthy lifestyle through friendship and camaraderie. Program members are allowed to swim at any of the practice times. Minimum requirement is the ability to swim 8 lengths of the pool.